



**Plant Botanical Name:**

*Carica papaya*

**Plant Sub Species or Variety:**

'Tropical Dwarf Papaya'

**USBG Plant Location:**

Conservatory

**Conservatory Room Location:**

Medicinal Plants

**Sunlight:**

Full sun

**Plant Moisture Requirements:**

evenly moist

Papaya is a luscious, soft tropical fruit from Central and South America. This great source of Vitamin C is eaten ripe, peeled and seeded in most places, although the seeds are eaten along with their gelatinous encasement to combat intestinal parasites. The unripe fruit can be cooked, and has a high amount of pectin for thickening. Papaya also contains the enzyme Papain, a useful meat tenderizer, which is also in ointments to treat burns and rashes. The leaves, an effective painkiller and anti-inflammatory, are steamed and eaten. In some parts of Asia, green papaya seeds and fruit are a folk remedy for contraception.

---

**Source URL:** <https://m.usbg.gov/plants/papaya>